

Life After Isha Yoga

30-April-2011.

1st Experience of 7 Days Inner Engineering Program done, conducted by Isha Yoga Trained Teacher.

Readers may kindly keep in mind that I already had much scriptural back ground having read all the devotional scriptures of ISKCON since the age of 18 like Bhagavad Gita, Srimad Bhagavatam and attended this with just a pure curiosity as to what it involves since Sadhguru Jaggi Vasudev [SJV] with his Logical oratory, discourses on World Space Satellite Radio was making too much hype and emphasizing too much on the word experience. I am not the kind of a person who does something by anybody's coaxing and I did not venture for Isha and Sadhguru because of any physical or mental problem as since birth life has been very comfortable for me.

The Introduction involved a simple talk by the teacher who asked us "Do you know where you came" meaning how our landing on this planet happened and why we were doing all those things that we are doing in our life. Some answered for money, some for pleasure, and some for time pass. I kept quite as it was nothing for me having read the "Bhagavad-Gita "As It Is" so many times.

Then she said that in the seven days we are going to play a simple game. If we win it is good, but if we lose then also it is ok. All agreed and then she talked about how in the present age despite all material comforts one's quality of inner life was going down and we all needed much inner peace to over come difficult situations. It seemed clear that she was speaking way ahead of her age playing theatre having had rehearsed everything. When I asked her in the end, if it was worth the effort for seven days even for those who had read the scriptures and had intellectually realized that one is not this body, mind, intellect she again repeated her Master Sadhguru's word, [experience](#). On the Introductory day itself I could tell she was a zombie and a mesmerized disciple of Sadhguru.

Much later I learnt that she was a software engineer in Infosys technologies and had gotten trapped into the Isha Cult by Sadhguru and had become a Monk at a very young age may be less then 25 years. Any how I paid the donation of Rs 1500/- and decided to do the program keeping an open mind and also keeping all the three eyes open. My 3rd eye had already opened up when I was 21 years of age.

On the 1st day we were taught one Sanskrit Invocation of addressing the guru before the actual "Shambhavi Mahamudra" kriya started and another Invocation before ending the Kriya. Then Sadhguru gave a video lecture on how the human body is designed for vegetarian food and that food in yoga is classified as +ve pranic, -ve pranic, and zero pranic. All fruits, vegetables, grains, milk, nuts come in the 1st category.

Coffee, Tea, Alcohol, Cigarettes, Chewing Tobacco, Onions, Eggs, Meat, Fish, Garlic, Chillies, Brinjals come in the second.

Potatoes and Tomatoes come in the 3rd.

Some of the highly pranic food stuff are Ash Gourd[White Pumpkin] and honey which has properties very close to that of human blood. I have been a strict vegetarian since my birth so this was again nothing new. Also 3 special periods called Sandhya Kala in a Day were told to us when our breathing would be in a uniform way if we observed it. This was 20 minutes before sunrise and 20 mts after sunrise, from 11:40 am to 12:20 pm and 11:40 pm to 12:20 am. If any Yogic Kriya was done during these Sandhya Kala's the benefit would multiply by a 100 times than other times. Night time was meant only for ascetics and not for normal people was a warning given by Sadhguru. So if one wanted to become a Monk, The Night time was the most suited. I did, all my Kriyas, at Night Time but still I am very much at my home even after 4 years but I am Single.

Then we were taught the Buddhist concepts of the doctrine of momentariness. That, this present moment is inevitable and as to how one can be in this moment within themselves is entirely in one's hands. People always live via their past and the past is routed in one's memory and this is the source of one's misery, this was taught to us.

Also we were given the Isha Foundation's Monthly Newsletter, Forest Flower Magazine and asked to subscribe for the same for Rs 100/- per year. I did not! Then the teacher demonstrated as to what a Rudraksha Mala was and what the benefits of wearing a Rudraksha Mala were and how to test a genuine Rudraksha mala from a fake one. If a genuine Rudraksha mala was placed on a cut lemon it would rotate in a clock wise direction, if it was placed over cut garlic it would rotate in an anti-clock wise direction and if placed over a tomato it would be stationery. Along with this a story was told that in olden times when there was a fight between the Vaishnavas {Followers of Lord Krishna} and Shaivas [Followers of Lord Siva] the Vaishnavas in order to reach Heaven 1st , mixed negative pranic food and gave it to the Shaivas and so the Shaivas tested their food with the Rudraksha Mala so a seeker on the path of yoga must always have a rudraksha mala on his/her neck as this will create a cocoon of one's energies and prevent evil forces from taking over one's body.

On the 5th day as we were going to be initiated into the Shambhavi Mahamudra by the Master Himself, some early morning surprise had been planned for us. This was a games program in the park with football in order to bring out the child in us and us becoming joyful and playful. But later, I realized that it was only for us, not to become resistive towards the actual initiation process. After this we assembled at the same venue and were given breakfast of banana's and Ragi Malt type beverage to drink by the volunteers. In the entire program the dedication of the volunteers was amazing. Then we were asked to come on the stage and share our experiences of the morning games etc. Before the actual initiation was to happen we were taught the chanting of A-U-M Mantra.

Then we were asked, as to whether, we were our bodies or something more than the body to which I replied that since in human anatomy the heart is the seat of all activities the source of life must be in the heart. We always say my hand, my leg, my

brain, so that me is something higher than the body. All these I quoted from the Bhagavad-Gita. So again nothing new learnt here.

Then we were asked to maintain silence for about 15 minutes, and some fruits and sweets which we had brought with white cloth as Token offering for the Guru before he initiated us was placed and a Guru Pooja was conducted in order to invoke the blessings of the Guru before actual initiation. After this in order for us to become the Buddha, A question was asked by the teacher to all of us; "As to what would it take for all of us to accept her as God". Some replied that if she could create miracles, some said if after the program their bank balance increased, I said If she could show me the Universal Form that Lord Krishna had showed to Arjuna in the Battle Field of Kurukshetra I would accept her and some said that in no way they would accept her as God which was a hopeless case. Like this it went on!

The point the teacher was making was that when ever something like an accident, or calamity happened it was always the unknown persons who came and helped us and not some hands that descended from the sky and that we should all be realists like the Buddha was who destroyed all the concepts of Soul, Atman, God, Creator and emphasized that whatever is there is me and that is also the ultimate truth everywhere and that in which ever position of life we are placed we must do what we can to alleviate the suffering of our fellow human beings. It was just an Indirect Be Good Do Good Philosophy.

Now the Most emotional part of the program:

After this we were asked to close our eyes and sit and Sadhguru in his deep voice asked us to look within ourselves and see if 1st we had the ability to be a parent for 10 children, 100 children, 1000 children, and 10,000 children and then the whole world. His voice in a a, aa, aaa, aaaaaa, boomed and he again forced his un-limited responsibility talk on the participants. This was done so that humans who had become almost akin to animals in the present age would have some softness of heart and feel tears. I did not but I got Sadhguru's message intellectually.

Then Sadhguru in a video told some story about Akbar and Birbal, Japa initiations and what its significance was and then asked us to close our eyes. We did and some drum playing carnatic vocal music sounded in the speakers and after sometime we slowly opened our eyes. After this we were asked to share the experience of the Initiation & the Buddha making and each one came and spoke that he would be a parent to the whole world which I felt was nothing as compared to the hype made a day ago by the teacher. We were further given information about the Higher Isha Yoga Programs especially the Bhava Spandana program for which many people came on stage and vouched for their experience. We all were then asked to register for the Bhava Spandana. I did not as I already had other 2 month engagements.

Then we were served raw vegetable food, poyas, and fruit salad for lunch, after Initiation was over. After this the sequence of the entire Kriya of Shambhavi was given to us in the order given below and a group photograph taken. Nobody is allowed to write anything during the class.

The Kriya Involves Simple Yogic Asanas and Breathing Techniques which have to be done for 25 mts each day twice for the 1st 40 days and at least once a day for the rest of one's life so that complete Buddha Hood Becomes a Reality. Then we were shown some videos of Isha Foundation's social out reach programs for the poor and rural people of Tamil Nadu state, Massive Tree planting exercise and the Dhyanalingam yogic temple designed and built by Sadhguru. A request for donation was made and some membership forms were given to the participants. I did not give any donation. Then Sale of Spiritual Goods of Isha Foundation namely Sadhguru's DVD, Books and Rudrakshas costing Rs 1000/- to Rs 1500/- was offered.

The last 2 days only involved in fine tuning the kriya and checking for mistakes and Sadhguru kept repeating his un-limited responsibility talk. So this was it.

My Experience and Benefits, after doing the Kriya, for the Past 4 years. In all I may have skipped it 10 times.

The Kriya started working for me only after 2 full years of practice. But apart from making the flow of energy in my body even the Kriya by itself did not do anything dramatic in terms of all around bliss, less fatigue, more inner peace, as all these had been achieved simply by reading ISKCON Founder Acharya Swami Prabhupada's Bhagavad-Gita "As It Is" and making my own life simply hassle free, in terms of less desire for money, ample time for myself, no marriage, children and relationships and no evil habits and cultivating the Philosophy of "Simple Living & High Thinking and Escapism from Life".

However after reading Sadhguru's Book Encounter the Enlightened and seeing his videos I became less reactionary to things and began to take things as it is. In the past I was very much irritated if any form of wastage happened in front of me like leaking water taps, food wastage, now I definitely care less.

But the idea of helping downtrodden rural people [**I.E Animals who appeared in the shape and form of Human Beings but the creator forgot to give them a Bear Body, A Lion Head, 2 Rhinoceros Horns, and a Cheetah Tail**] appealed to me. I had a chance to put the teaching in practice. For the past 10 years I was seeing a poor young man of my age working over 16 hrs a day earning ` 4000/-pm in a hotel where I was eating and this man wanted some money to build a house in a remotest part of the village and hence I offered him complete charitable financial help and his house was built. Instead of donating money to Large Institutional charities it is better to directly help poor people where one has the satisfaction of at least knowing that money has been well spent.

So for Rs 1500/- for 7 days it was a good experience I felt. However the dangers of getting caught up in a cult were very much there. The teacher and a full time volunteer [An MCA whose entire family had been Mesmerized by Sadhguru, I clearly felt. For those interested in the Inner Engineering Program before registering and spending your money, please practice 3 Asanas 1] Cat stretch, 2] Patanga Asana-Butterfly Flapping of Legs 3] Shishupala Asana-Rocking The Baby for at least one

month and practice sitting on the floor for 3 hours daily or else you will not be able to complete the program. The Asanas can be learnt from the Yoga Book of The Vivekananda Kendra Pratishthan Chennai which has sold over 10 lakhs copies and is available, in any Ramakrishna Mission Book Shop, for Rs 40/- or can be purchased online at; <http://eshop.vivekanandakendra.org/books/Yoga>

Now After 4 Years, I Realize, that the Shambhavi Mahamudra Kriya and The Entire 7 Days Class Contents, Could simply have been printed in a Form of a Book/DVD and offered to the Whole World At a Much Cheaper Price With Much Saving of People's Time/Energy/Money/Logistics. In fact, the Kriya Does not even need any Initiation For it to Work. The Initiation Part is Just an Over Hype Created to Show People as if Some Rocket Science is being offered in Order for Isha to make Money.

The Program is worth only for Rs 1000/- to Rs 1500/- or Maximum US \$ 100 and not more for 7 days.

Please do not take the program conducted by Sadhguru himself which is taught in 3 days because you will not be able to learn the Kriyas properly. Also the donation of over Rs 5000/- is not worth it. The Online Introductory for \$ 289 is a Complete Waste of Money as You Would Not Be Able to Learn the Kriya Properly/Completely.

[The Bhava Spandana Program Involves the following, I did this at Isha Yoga Centre, Coimbatore, India. Program Donation Rs 750/-.](#)

1-Before going for BSP one is asked to do a Home Work as to How One's Life Has been till that time, in terms of Health, Relationships, Work Etc and asked to note all the high and low points in terms of all these. Some people wrote 8 notebooks. I could only write 2 pages. It is purely created to make emotional breakdown of a person designed to remind one and give them an experience of one's own death. It Involves Intense physical/mental torture and activity for 3 Days, The Kind of Physical Activity a Intense Labourer would do in a Month. People have no prior knowledge or any clue what is going to happen. This is Against Human Rights!

The Participants have to have a Lot of Physical Energy and Strength to do 'Mahadeva meditation' where participants had to literally throw their body bending up and down in a rigorous way continuously and also had to shout and scream 'Hara'. When participants get dizzy or tired and when they're unable to do that, volunteers go near the participants and shout 'Hara'/'Shiva' in their peak voice, some volunteers will shout in participants' ears itself. The participants having closed their eyes, does not have any clue what is happening, and already tired and dizzy, will get more shocked by this ear shouting. Not everybody can do that Mahadeva meditation, and they let participants in hunger, and sleeplessness and too much body work.

These are all ISHA's techniques to do mental breakdown of oneself during the program in order to awaken one's kundalini and having the experience of all around oneness of existence.

2- The Dangers are just too many in the Bhava Spandana Program. For 3 Days there is no contact with the outside world. The Volunteers at the Ashram take your mobile phone/Car Keys in custody, there is no talking to anyone/communication with the world, other than program participants, you cannot leave the program also in between. For all the 3 days one has to sleep inside the Spanda Hall only as some high-energy experience is going to be created. I was even amused, when I had left my clothes to dry outside, and when I wanted to pick them up, a volunteer closely came with me saying that I should not talk to anybody. **This warned me of Cults and their Brain Wash.** One is asked to write a letter to one's loved one with total involvement stating that in three days time they are going to die. **This breaks many people who start crying.** As I have never loved anybody, I could not write anything and was simply enjoying the Architecture of the Spanda Hall. Then it involves painful sitting for long hours and listening to other people's life experiences, hearing some special music like Prakriti Purusha, Playing games, suddenly crying, suddenly being happy and joyful and also death meditation. One is made to experience that one's soul has itself come out from the body and that soul is lighting fire to the body it once possessed. After this one is shaken by others violently in order for them to learn as to Who They Really Are. Are they this body or something other than the body?

Then In between breaks, the Teacher asks people to undergo Teacher Training Programs saying that the forms are outside the hall. So, another way, to hook full time free slaves/money.

3-Then after intense physical activity one is made to stand in a line and others are asked to see them and experience them as if they themselves are standing and this leads to intense emotions from both sides. From the 1st Day I knew it was a kind of Mesmerism hence I Just kept repeating The Vedantic Verse "Brahman Satyam Jagat Mithya" Brahman is the truth and this Universe is False.

Then after all the hard feelings towards others have disappeared one is asked to burn one's home work in a bonfire and dance happily having accepted everything and everybody as a part of themselves.

4-On the last day as everybody is simply itching for the Pain/agony to end one of the monks of the Ashram comes and garlands the 1st participant and touches his feet and the same is repeated by the others. Then Sweet Hare Krishna Mahamantra Music is played and everybody dances so that a new beginning is going to happen in their lives with none of the past bitterness towards anyone/ anybody affecting them in the future.

In my own experience being an Intellectual Person [Jnana Yogi] and having read the Bhagavad-Gita "As It Is" at the age of 18 the whole thing was a Bull Shit for me. I got Intense Fever of 105'c and had to cure myself like Rambo did in Rambo-III Movie after Bullet wound during my 2 days travel and returned to my home in a battered state. I spent 15 days in the hospital. I had already become a recluse since the age of 18 after reading Vedanta Philosophy and have no friends, family, spouse, children, Job, just sitting in my room whole day and reading Vedanta. But BSP was a test from

my guru Maharaj for Me to Pass. It initiated me into the Hare Krishna Mahamantra and showed me who my Real Guru was and Put me on the Track of the correct School of Spirituality which was Gaudiya Vaishnavism.

Keep the above warning that you Might Become Mesmerized after doing Bhava Spandana Program and Land yourself In the Hospital and also give up your family, wealth, job, and join the Isha Cult as a Full Time Teacher and Become a Monk.

Now the Experience of Isha Hata Yoga. Program Donation Rs 750/-.

I did this outside the Ashram. This is again a very strenuous practice which is taught in just three days and twice a day for 3 hours and if done without loosening the body could land one with very high fever. It did for me. People over 50 years of Age need not waste their money and time as it will be of no use for them. In all about 12 Asanas and Surya Namaskaars are taught.

Isha Guru Pooja Done Outside the Yoga Centre Donation Rs 1500/-.

The Guru Pooja is the most difficult of All Isha Programs, especially for those who have no past knowledge of Sanskrit. It is very lengthy and cannot be learnt in 3 Days and most people After Paying Money leave it in a day. However for me it was a breeze because of my past Sanskrit knowledge and 2 months training at Sivananda Ashram. I passed the test in one attempt flat. However in my opinion in no way is the Guru Pooja going to make the Kriyas more effective as claimed by Isha or the Volunteers. This pooja is available in any Sanskrit Invocation Book costing less than \$ 2 so spending three days time in learning different postures of hand and keeping 3 cups consisting of water, rice, sandalwood paste, Incense holder, Camphor Holder Etc is of no use in my opinion. If you need the Full Guru Pooja, please send me an e-mail and I will e-mail you all the textual parts of the pooja. For Rs 1500/- the pooja was definitely costly. In the Ashram they teach it for Rs 500/- which is reasonable and the Pooja set costs another Rs 500/- which consists of 3 brass small cups, one brass plate, 1 camphor holder, 1 incense holder, One brass holder for Oil/Lamp . I did not buy all this as I managed with whatever I had at home.

Experience of Shoonya Meditation and Shakti Chalana Kriya 3 days. I did this at the Yoga Centre. Program Donation Rs 2000/-

After Experiencing the Intense BSP/ Hata Yoga, I became at least aware that Sadhguru/Isha were Hard Task Masters and so was much more mentally/Physically prepared. The 1st day involves long hours of sitting and doing Suka Pranayama for long stretches up to 45mts and 1/2 day of doing Surya Namaskaars. At the end of the day one would feel that their wrist would come out of there hands.

The second day also involves 1/2 day of Surya Namskaar and then The Shakti Chalana Kriya is taught. It is a Breathing Technique which involves Sitting in Vajrasana and Keeping Different Hand postures, and Breathing like Crow, Snake, Whistling, and concentrating on various body parts like Heart, Lung, Pancreas Liver. The Hand Postures can be seen from the Vivekananda Kendra Yoga Book.

The Last Day is allotted for Shoonya Meditation where the participants are divided into groups and taken to the initiation room, and one Senior Lady Disciple of Sadhguru puts the Beeja[Seed] Mantra into us and the technique of meditation is taught: Just be a witness to your thoughts neither creating them, nor identifying, simply witnessing. This beeja mantra called Shreem Hreem, Reeem, can be again found in Swami Sivananda's Book Japa Yoga not available online [<http://dlshq.org>]

Again Sadhguru in his Video kept repeating his un-limited responsibility talk in order to garner free slaves and money in the form of volunteers to expand His Isha Business Empire. He also over hyped, about the Shoonya that in the past one Isha Meditator from Mangalore, India, in Competition with Muktananda Meditator misused the Shoonya and used it for about 3 hours and then found that his weight had suddenly reduced. So after that the duration of Shoonya was reduced to 15 mts and the meditation would by itself end in 15-18 mts, otherwise the intensity of the Shoonya was so much that people in the past had to be physically carried off from the Initiation Room he Boasted which was a Lie, I felt.

So before venturing for Shoonya practice Sukha Pranayama as taught in Inner Engineering for 45 Mts and do Surya Namaskaar for one hour or more and practice sitting in Vajrasana For 1 Hour or more.

So this is it. This was the only practice of Isha which was an overall good experience for me other than Inner Engineering and Guru Pooja, Rest were all bad. This Shoonya Initiation is a must for those who want to do Samyama [8 Days Silence Program] Later and has to be done twice before food for 15mts on hungry stomach.

I, have not done Samyama nor have plans to do the same as I have no patience to sit for 8 days in silence. Also after having learnt what all it involves it could be another type of Mind take over like Bhava Spandana so I played safe.

For a Krishna conscious person who read The Bhagavad-Gita "As It Is" at the age of 18, it was again not much I felt. But one thing I felt was if Shoonya was practiced regularly a person's intelligence will stagnate for sure and his mental productivity will go down definitely. After a few months I stopped and felt better. But sometimes I still do it.

Again I suggest if you are above 50 yrs of Age having never bent your body or spine even once then please do not go as it would be money wasted and no benefit.

Final Words:

In my overall opinion other than Non SJV Inner Engineering Program of 7 Days Rest of the Programs are not worth the effort.

Also Isha is mainly meant for those who are operating only with their Logical Mind, with Nil Intuition, Nil sanskrit knowledge, or with zero past spiritual samskaraas and basically for those who are Atheists. If you are a Free Thinking, Too Much

Individualistic, Rational, Having Lead Life without any Controls Then Isha is not your cup of tea.

In my view SJV offering Enlightenment by Simple Yogic Breathing Techniques/Kriyas is completely Bogus. At the most the Kriyas can make one physically/mentally more active and productive and sleep quota and sex desire would reduce. This can become a huge problem for married people and may lead to divorces.

Also before venturing for Isha Yoga please do your home work in terms of basic knowledge about Hinduism by reading the Book "All About Hinduism" written by Swami Sivananda downloadable free from <http://dlshq.org/> . Isha Yoga even though being branded and advertised as Non-Religious and Scientific Yoga Practice is just a 7 Chakra Shakti Yoga System based on the Hindu God Siva and Shakti Devi [Energy]. The Philosophy has been given in the book "All About Hinduism".

And If Possible Please Read ISKCON Founder Acharya: His Divine Grace A C Bhaktivedanta Swami Prabhupada's Bhagavad-Gita "As It Is" <http://www.pdf-archive.com/2011/02/11/bhagavad-gita-macmillan/> after reading the above book. All your questions on Life, Creation, Creator, suffering will be answered and you will be more matured and enlightened and even save yourself much damage before venturing for Isha Yoga.

Warnings:

Do not offer to Volunteer or bring new people to the program as they would ask you to fill a closure sheet on the last day of the program. Please remember that **Isha is a Cult** and not simply any run of the mill Yoga class teaching simple yogic postures. It is simply a take over of one's mind, thinking, intelligence, and body in order for one to Surrender Their Egos/Individuality and oneself to Sadhguru who's Acts recently have been anything but holy <http://guruphiliac.lefora.com>

If you are requested to Act as a Volunteer for future programs then please decline as it will completely ruin your family and professional life and also drain you financially and physically. The Main Purpose of Isha and Sadhguru are to break one's family and make them full time teachers and volunteers at the Ashram and a Slave so that Sadhguru can lead a King's Life for himself and Build His Own Empire. The Moto of Isha is that **"If one has come to Isha he/she has come here as a last resort when all else has failed for them and He can freely part with his Cash and Labour for the Cult."**

Also please do not send your **teenage daughters or sons to do the program**. Parents need to understand that Sadhguru preys upon their children. He will seduce them. He will ever-so-subtly convince them that the only way for them to continue and progress is to surrender to Isha and to him. And he will encourage them to come and leave it all behind. Everything AND, he may likely seduce them physically. He will tell them that it is "necessary to lock their chakras." And they will believe him and they will let him.

Now this warning is not just for parents, but also for spouses who are not Isha-involved married to those becoming involved. He will eventually remove your spouse from the relationship and tell them it is for the benefit of both of you. Again, your spouse will believe him, because as you deal with the shock of their growing distant, you will be confused, upset, angry, despondent, and you may place very strong demands upon them for an explanation for their choice of actions, and they, in their Isha-induced false bliss will say to themselves that it's a good thing you are parting ways, because "you just don't or can't get it." Your spouse will feel justified...by the confusion, the sadness, the utter turmoil that their decision has caused, because they will feel above it all. And he, the Sadhguru, will support them in that delusion.

He will remove choice from their lives. He tells you to be Silent, you will be silent until he tells you, and you may speak again. Readers may not realize as what extent to which he uses this tool called "Silence" to keep people in line at the ashram? It's pathetic, because people buy into the punishment thinking they've been rewarded by the Sadhguru with a blessing. How wrong they are. They are just being controlled and manipulated in the worse way they think it's a gift. Now THAT is mind control!

Just take advantage of the basic program and then leave never to return again. If you feel you have to do higher programs then please do it in order given below, even though everyone would be asking you to do Bhava Spandana even before 40 days of the Shambhavi to Start Yielding results? **However please do not surrender your mind, intelligence and rational thinking to Sadhguru and accept everything that he/his teachers say. Always Remember Isha is only one of the ways and not the only way.**

1-Inner Engineering

2-Hata Yoga [Usually this is conducted in Winter outside the Ashram] or at the Ashram and again this is very strenuous for 3 days and without any body loosening can land you with very high fever.

3-Shoonya Meditation and Shakti Chalana Kriya [At the ashram only] 3 Days.

4-Bhava Spandana [This is purely a body breaking and emotional breakdown with intense physical activity for 3 days after which there is a chance you may become mesmerized] and your respect for Sadhguru might be over after this. This Landed Me In Hospital For 15 Days.

5-Samyama [8 days Silence] I have not done this till date.

For some people The Kriya has backfired seriously and not worked. For More problems with Isha Yoga Visit <http://guruphiliac.lefora.com/>

Isha is a very good place, for quality people, to come together, socialize and develop business contacts than any real spiritual benefit. The Material Side of Isha is 80% and Spiritual Side is only 20%. In the beginning it was the reverse. A purely good time pass for those people who are born in rich families with neither job

commitments, family and willing to spend both their time and money and labour in order to expand the SJV and Isha Empire as a feel good thing of having done something towards their guru and society.

Not My Cup of Tea as I have knowledge of the Other World! I Rest in peace with my Guru Maharaj His Divine Grace A C Bhaktivedanta Swami Prabhupada's Books, Gaudiya Vaishnava [ISKCON] Philosophy and Krishna Consciousness and Scriptures but I regularly practice the kriyas at home as I want this Birth of Mine to be last and attain Liberation!

Colonel Zaysen

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